

Stroll-on..!

around ABERBARGOED

A beautiful community walk along a reclaimed coal tip, through country lanes and grassy paths, with wonderful views of the town.

There is one long, gentle hill to climb. Most of the paths are surfaced.

3¼ miles (5¼ km) of healthy walking

Cerddwn ymlaen..!

o gwmpas ABERBARGOD

Taith gerdded hardd ar hyd tomen glô adferedig, drwy lonydd a llwybrau glaswelltog cefn gwlad, gyda golygfeydd gwych o'r dref.

Mae yna un bryn hir ac esmwyth i'w ddringo. Mae gan y mwyafrif o'r llwybrau arwyneb.

3¼ filltir (5¼ km) o gerdded iach



6 EXCUSES NOT TO DO THIS WALK..!

I HAVEN'T GOT ANY KIT..!

You don't need any specialised kit or equipment, just some sensible and most importantly, comfortable footwear. High-heels are not recommended!

I'VE GOT A DODGY KNEE..!

No problem, walking is a low-impact exercise that doesn't put much pressure on the joints.

I HAVEN'T GOT ENOUGH TIME..!

This walk should only take you an hour and a half at an easy pace. The fitter you are the quicker you'll go!

6 ESGUS DROS BEIDIO Â MYND AR Y DAITH GERDDED HON..!

'D OES GEN I DDIM CIT..!

'Does dim angen cit nac offer arbenigol arnoch, dim ond esgidiau call, ac yn bwysicaf oll, cyfforddus. Ni argymhellir sodlau uchel!

MAE GEN I BEN-GLIN GWAN..!

Dim problem, ymarfer corff effaith-isel yw cerdded, nad yw'n rhoi cymaint o bwysau ar y cymalau.

'D OES GEN I DDIM DIGON O AMSER..!

Dim ond awr a hanner ddylai'r daith hon ei gymryd, o gerdded yn hamddenol. Po fwyaf ffit ydych chi, gyflymaf yr ewch!

6 EXCUSES NOT TO DO THIS WALK..!

I'M NOT FIT ENOUGH..!

Anybody, of any fitness level can do this healthy walk; it's only a matter of pacing. Don't rush yourself.

WALKING ISN'T GOING TO DO ME ANY GOOD..!

Regular walking has superb health benefits such as a reduction in the risk of coronary heart disease, strokes, diabetes, high blood pressure, osteoporosis, anxiety and stress. It can also improve your confidence, stamina, energy, weight control and life expectancy.

I CAN'T GET TO THE START..!

BUS: Service 2: Merthyr Tydfil – Bargoed
Service 50: New Tredegar – Newport

6 ESGUS DROS BEIDIO Â MYND AR Y DAITH GERDDED HON..!

'DWI DDIM YN DDIGON FFIT..!

Gall unrhyw un, pa mor ffit bynnag y mae, fynd ar y daith gerdded iachus hon; mater o fynd ar gyflymder call yw hi; peidiwch â rhuthro.

'DYW CERDDED DDIM YN GWNEUD DIM LLES I MI..!

Mae i gerdded fuddion ardderchog o ran iechyd, fel lleihau'r perygl o gael clefyd coronaidd y galon, strôc, clefyd y siwgr, pwysedd gwaed uchel, osteoporosis, pryder a straen. Gall hefyd wella'ch hyder, stamina, egni, rheolaeth ar bwysau a disgwyliad oes.

'ALLAI DDIM CYRRAEDD Y MAN CYCHWYN..!

BWS: Gwasanaeth 2: Merthyr Tudful – Bargoed
Gwasanaeth 50: Tredegar Newydd – Casnewydd

WHERE DOES IT START?

Our directions start from Aberbargoed Leisure Centre. However, you can start the walk anywhere along the route.

WILL MY MOBILE PHONE WORK?

Your mobile phone should work as usual on this walk – coverage in the area is good.

CAN I TAKE MY CHILDREN (including my pushchair)?

Yes you can, however, this route is not suitable to pushchairs. If you are taking children please take care when walking on the lanes.

BLE MAE'R CYCHWYN?

Mae ein cyfeiriadau yn cychwyn o Ganolfan Hamdden Aberbargod ond gallwch ymuno â'r daith gerdded yn rhywle ar hyd y ffordd fodd bynnag.

A FYDD FY FFÔN SYMUDOL YN GWEITHIO?

Dylai'ch ffôn symudol weithio fel arfer ar y daith hon – mae'r signal yn yr ardal hon yn dda.

A ALLA I FYND Â'M PLANT (gan gynnwys cadair wthio)?

Gallwch ond nid yw'r ffordd yn addas ar gyfer cadeiriau gwthio fodd bynnag. Os ydych yn cymryd plant gwnewch yn sicr eich bod yn cymryd gofal wrth gerdded ar hyd y lonydd.

ABERBARGOED DIRECTIONS

- From the Leisure Centre car park walk out the gate and turn left onto Bedwellty Road
- Go past the football field and basketball court, then turn left and follow the unsurfaced path by the side of the court
- Go past the playing fields (on your left) and continue down to Elm Street
- Walk down Elm St. to the main road; turn left, and walk until you reach Heol-Tir-y-Llan
- Turn left up Heol-Tir-y-Llan, past the school and onto the gravel path
- Follow the path up a long but gentle hill. When you come to a gate turn left onto the bank above. Follow the path beside the drain
- When you reach Heol y Bedw-Hirion, turn right and walk down the lane
Warning: beware of cars; remember to face oncoming traffic
- Take the next left and follow the lane to the next junction. Turn left
- Follow the road past the Countryman Inn, to the next junction
- Turn right, back onto Heol y Bedw-Hirion and walk past St. Sannans Church, the New Inn and the dog track
- Go left through the kissing gate beside a white cottage. Follow the grassy path back down to Bedwellty Road
- Cross the road and walk back to the Leisure Centre.

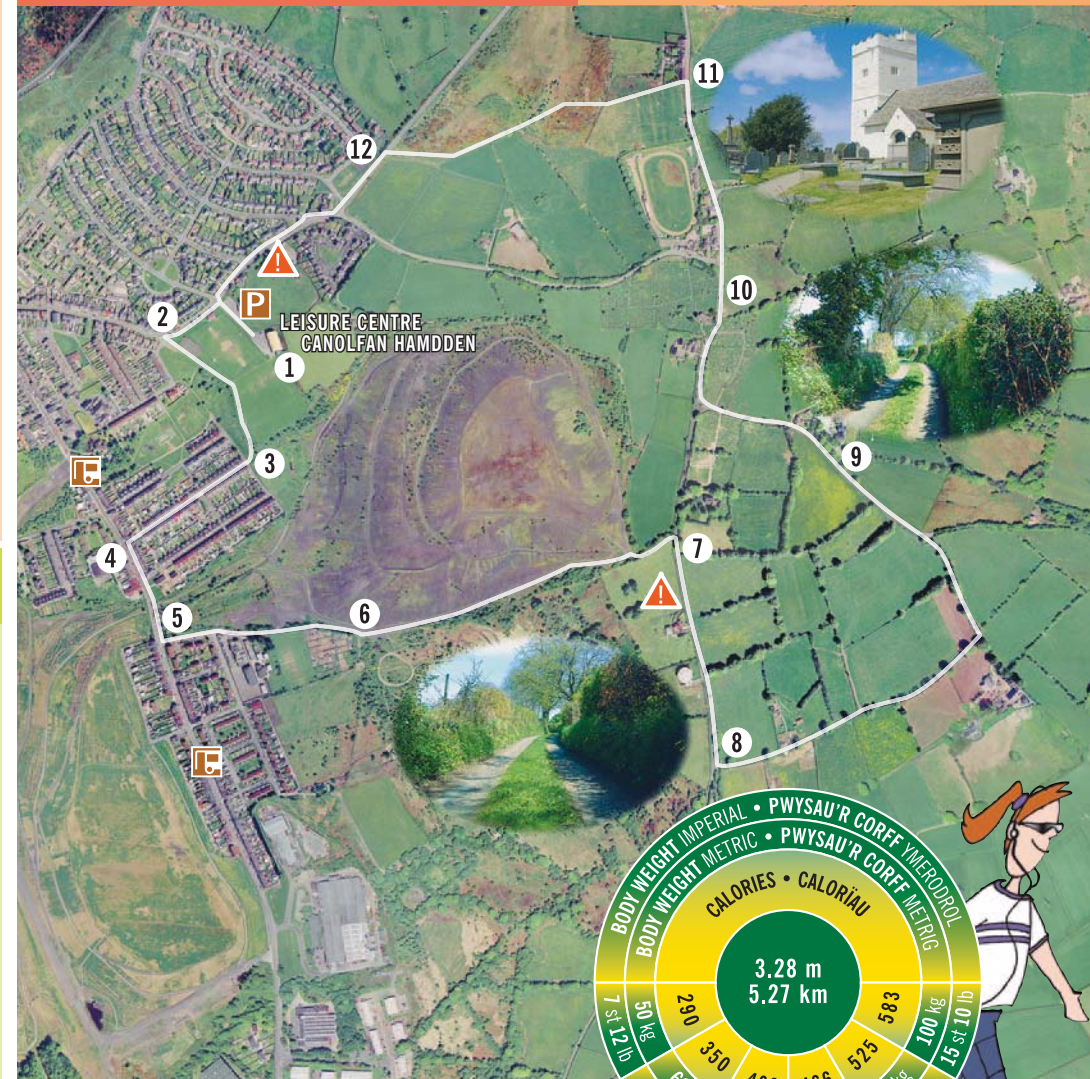
CYFARWYDDIADAU ABERBARGOD

- Cerddwch allan o faes parcio'r Ganolfan Hamdden, drwy'r giât a throwch i'r chwith ar Heol Bedwellte
- Ewch heibio i'r cae pêl-droed a'r cwrt pêl fasedg, yna trowch i'r chwith gan ddilyn y llwybr heb arwyneb ger ochr y cwrt
- Ewch heibio i'r caeau chwarae (ar eich chwith) a chariwch ymlaen i lawr Stryd y Llwyfen
- Cerddwch i lawr Stryd y Llwyfen tuag at y briffordd; trowch i'r chwith a chariwch ymlaen nes i chi gyrraedd Heol Tir-y-Llan
- Trowch i'r chwith i fyny Heol Tir-y-Llan, heibio'r ysgol ac i lawr ar y llwybr graean
- Dilynwch y llwybr i fyny bryn sy'n hir ond esmwyth. Pan gyrhaeddwch y giât trowch i'r chwith ar y bancyn sydd uwchben. Dilynwch y llwybr sydd nesaf i'r ffos
- Pan gyrhaeddwch Heol y Bedw-hirion, trowch i'r chwith gan barhau i lawr y lôn
Rhybudd: Byddwch yn wylidwrsu o geir; cofiwch i wynebu traffig sy'n dod tuag atoch
- Cymrwch y troad i'r chwith nesaf a dilynwch y lôn i'r gyffordd nesaf. Trowch i'r chwith
- Dilynwch yr heol, heibio i dafarn y Countryman, at y gyffordd nesaf
- Trowch i'r de, yn ôl ar Heol y Bedw-hirion, a cherddwch heibio Eglwys Sant Sannan, Y Dafarn Newydd a thrywydd y cŵn
- Ewch i'r chwith, drwy'r giât gusanu sydd gerllaw bwthyn gwyn. Dilynwch y llwybr glaswelltog yn ôl lawr i Heol Bedwellte
- Croeswch yr heol a cherddwch yn ôl i'r Ganolfan Hamdden.

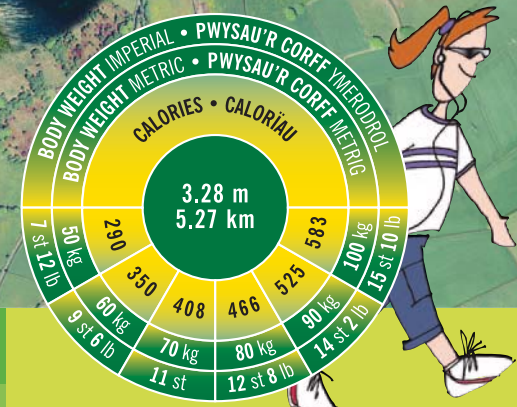
KEY



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ALLWEDD



See overview leaflet for calorie-burn guidance

Gweler y daflen arolygol i gael cyfarwyddyd ar losgi calorïau